



## Senior Lunch Sites – August 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Vegetarian Lasagna</b> Tossed Green Salad w/Italian Dressing Garlic Breadstick Chunky Fruit Salad Orange Juice	Cauliflower Soup <b>Meatloaf w/Gravy</b> Peas and Carrots Mashed Potatoes Wheat Roll Pudding	Farmer's Soup w/Crackers <b>Tuna Salad Sandwich on Wheat Bread</b> Mixed Green Salad w/Raspberry Vinaigrette Fresh Fruit	<b>Hamburger on Wheat Bun</b> w/Lettuce, Tomato & Onions Macaroni Salad Broccoli Slaw Fruited Jello	<b>Fish Vera Cruz</b> Pinto Beans Mexicorn Salad Flour Tortilla Fresh Fruit
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Minestrone Soup w/ Crackers <b>Spaghetti w/Meatballs</b> Steamed Zucchini Sourdough Roll Chocolate Cake Cranberry Juice	<b>Macaroni and Cheese</b> California Blend Vegetables Green Salad w/Ranch Dressing Wheat Roll Apple Crisp	<b>Beef Stroganoff</b> on Wide Egg Noodles Peas and Carrots Wheat Roll Chilled Peaches Orange Juice	<b>~ Luau ~</b> Polynesian Chicken Pineapple Rice Pacific Island Blend Vegetables Hawaiian Roll Tropical Fruit Salad	<b>Baked Ham Sandwich</b> w/Lettuce & Tomato on Whole Wheat Bread Potato Salad Coleslaw Fresh Fruit
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Cheese Enchiladas w/Salsa</b> Spanish Rice Pinto Beans Green Salad w/ French Dressing Fresh Fruit	Butternut Squash Soup <b>Roast Pork w/Apricot Glaze</b> Capri Blend Vegetables Scalloped Potatoes Wheat Roll Assorted Pie Orange Juice	Tomato Soup w/Crackers <b>Turkey Sandwich</b> w/Lettuce & Tomato on Wheat Bread Carrot Raisin Salad Baked Potato Chips Lemon Tart	<b>Beef Pot Roast w/Gravy</b> Mashed Potatoes Wheat Roll Fresh Fruit Apple Juice	<b>Breaded Fish</b> w/Tartar Sauce Orzo Steamed Baby Carrots Wheat Roll Ice Cream & Fig Bar Orange Juice
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Holly Farm Chicken</b> Potato Salad Green Beans Wheat Roll Mandarin Orange	<b>Beef Stew</b> Tossed Green Salad w/Honey Sesame Dressing Squash Medley Wheat Roll Fresh Fruit	<b>Teriyaki Chicken</b> Steamed Rice Oriental Blend Vegetables Coconut Pudding	<b>Birthday Party Layered Three Bean Casserole</b> Spanish Rice Marinated Tomato & Red Onion Salad Cornbread Muffin Cake	<b>Beef Hot Dog on Wheat Roll</b> w/Onion Baked Beans Red Cabbage Salad Peach Crisp
<b>29</b>	<b>30</b>	<b>31</b>		
<b>Beef Broccoli</b> (Beef Strips w/ Broccoli) Steamed Rice Hawaiian Bread Fresh Fruit	<b>Fettuccine Alfredo w/Chicken</b> Spinach Wheat Roll Fruited Jello Cranberry Juice	Mexican Corn Soup w/Crackers <b>Chile Relleno Casserole</b> Garden Salad w/Ranch Pinto Beans Flour Tortilla Custard		<b>Suggested Donation - \$2.50</b>  <b>Meal Cost for Under Age 60 - \$3.50</b>

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.\*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls